

# FOCUS

September 2022 Vol. 64 No. 3

## Contents

Letter from the President .....	2
Letter from the Executive Director .....	3
APA Division 30 Highlights from SCEH President Ciara Christensen .....	7
2022 Annual Conference.....	8
News from IJCEH.....	9
Member News .....	15
<i>NMSCH Level 1 Hypnosis Workshop</i> .....	15
<i>NPHTI Annual Workshops are back!</i> .....	15
<i>Members Achievements</i> .....	16
Calendar of Events .....	17



**Next Steps and New Directions for  
HYPNOSIS RESEARCH  
AND PRACTICE**

## 2022 Annual Conference

**73rd Annual Workshops and Scientific Program**

**October 12-16, 2022    Online    #SCEH2022**






**2022 Keynotes** – Pictured above, left to right: Paola Brugnoli, MD, PhD; Linda E. Carlson, PhD, CPsych; Renzo Lanfranco, PhD, and Barbara Schmidt, PhD

# Letter from the President



Dear SCEH Members,

First, let me say that the leadership of SCEH has worked exceptionally hard this past year to expand and improve our ability to meet the needs of all segments of our membership. One major advance for us this year is our ability to offer CME for the 73rd Annual Conference. I want to acknowledge Barbara McCann, Catherine McCall, and Anne Doherty Johnson, Executive Director, for making this happen. These three women worked diligently on this project. Our ability to once again offer CME to our physician members (in addition, of course, to CE) is a benefit we have been working on for some time.

This benefit dovetails into our vision for the future and, more specifically, expanding membership, which is a longstanding goal. Special thanks to Membership Chair Flavio Epstein for taking over this role. Please help SCEH grow by helping us reach and recruit new potential members.

Our long-term financial viability is another important goal, and I would also like to thank Zoltan Kekecs for serving as SCEH Treasurer. He has been watchful of our finances and thoughtfully helps our leadership understand where we sit financially.

Thanks to the efforts of Dr. Gary Elkins, Editor-in-Chief, our International Journal of Clinical and Experimental Hypnosis continues to publish cutting-edge research and has an active online presence that broadens the visibility of clinical and experimental hypnosis. Thank you, Gary, for your tireless efforts.

I also wish to thank and acknowledge Don Moss for serving as SCEH Education Chair, organizing our SCEH Webinar Series and Midyear Workshops. His ongoing commitment to SCEH is truly remarkable.

I am grateful and want to thank the entire Executive Committee, who, in their governance role, work on your behalf. This year, we have navigated a variety of policy issues, including the recently introduced Liability Waiver and Guidance Form for Participants in Hypnosis Practice, in effect for all upcoming conference and workshop events. SCEH has incredible teachers, clinicians, and researchers in the field. However, we need to ensure awareness within the hypnosis community that participation in SCEH training is voluntary, and these parameters are made clear.

Work continues on other projects, including bylaws and governance issues, and I would like to thank Janna Henning for her work on this important subject. Finally, I would like to thank and acknowledge Barb McCann and the SCEH Standards of Training Task Force for their efforts to develop new standards for SCEH. More news on these initiatives as they develop.

Last but not least, we are pleased to announce that our long-awaited launching of the HYPNOSISE Program is just around the corner. Thanks to the efforts (and patience) of Liz Slonena and Zoltan Kekecs, we are nearing the release of this program, which is designed to offer individuals more opportunities to connect

and practice clinical hypnosis skills. More details to follow – watch our website and your email for additional information.

This year's conference has been organized around the theme of Next Steps and Future Directions for Hypnosis Research and Practice and will be held live virtually, October 12-16, 2022. Registration is now open. Our 2022 Committee deserves a round of applause for their countless hours of service. This year's committee includes Overall Meeting Chairs: Barbara McCann, PhD and Catherine McCall, MD; Introductory Workshop Co-Chairs: Barbara McCann, PhD and Tova Fuller, MD, PhD; Intermediate/Skills Workshop Co-chairs: Alexandra Chadderdon, PsyD and Deanna Denman, PhD; Advanced Workshops Co-Chairs: Nina Mayr, MD and Liz Slonena, PsyD; Scientific Program Co-Chairs: Madeline Stein, MA, Afik Faerman, MS, and Anne Doherty Johnson, Executive Director.

Their combined efforts have led to a line-up of invited keynotes, symposia, research presentations, and a poster session that will help increase the visibility of clinical hypnosis in research and practice, explain underlying mechanisms, and help individualize and improve treatment outcomes. Among our presenters are national and international experts in hypnosis, with workshops taught by skilled clinicians! We hope you can join us and enjoy the richness of the program we have planned. To learn more about the program, I encourage you to explore the conference details. Please make plans now to join me at our Annual Conference, and help SCEH continue to grow.

We also plan to make the 74th Annual Conference in 2023 the best meeting ever since we have not seen one another face to face since 2019! Send us your ideas -- we would love to hear from you. It is never too early to begin thinking about proposals for papers and workshops for 2023. We hope to set a date and location in the near future. Stay tuned to your emails and our website for developments.

In the meantime, I look forward to seeing you all soon, virtually in October.

Sincerely,

Ciara Christensen, PhD

President

## Letter from the Executive Director

### *Please Join Us for #SCEH2022 in October*

We are looking forward to seeing many of you at our upcoming 73rd Annual Workshops and Scientific Program, taking place live, online from October 12-16<sup>th</sup>. This is our largest event of the year, and always provides many ways to learn and sharpen your skills, coupled with the opportunity to discover and discuss the latest hypnosis research.

In 2022, we are pleased to offer CME as well as CE, broadening our reach to additional health care professionals. (Please help us spread the word to your colleagues in the medical field.) Attendees can

earn up to 23.50 continuing education credits toward licensure or certification, depending on the mix of activities you attend.

Complete event information is to be found in the conference brochure, including session descriptions, presenter information, keynote details, networking details, agendas and more. Please [review the conference brochure](#) before making your event selections while registering.

## Workshops

The workshop portion of the Annual Conference spans three levels of experience over the first three days of the conference, allowing both beginners and experts alike to take part in workshops with peers. Attendees can participate in Introductory, Intermediate/Skills or Advanced Workshops from Wednesday through Friday.

- *The Introductory Workshop* follows established Standards of Training to provide attendees with a basic background and understanding to begin using hypnosis within the context of their scope of practice. Attendees participate as a cohort, attending this workshop for the full three days.
- *The Intermediate/Skills Workshop* can be used toward SCEH intermediate certification or simply to refresh and expand hypnotic skills. It can be *taken as a cohort (attend all three days)*, or *Advanced Workshop registrants can select a mix of Advanced and Intermediate sessions*.
- *The Advanced Workshops* are designed for those who have completed Introductory and Intermediate level clinical hypnosis training. Attendees choose sessions from a selection of varied topics.

Topics covered in the Intermediate/Skills and Advanced Workshops are varied, and will include the following.

Intermediate/Skills Workshop Topics (Presenters) in order scheduled:

- Hypnosis for Treatment of Trauma (Damis)
- Working Through Challenges in Problem-Focused Hypnosis (McKernan)
- Assessment of Hypnotizability (Elkins)
- Hypnosis Application for Anxiety Disorders (Reyes)
- Mindful Hypnotherapy: Principals and Experiential Practice (Slonena and Olendzki)
- Seeding Metaphors to Fertilize and Grow Therapeutic Changes (Ginandes)

Advanced Workshop Topics (Presenters) in order scheduled:

- The Effective Use of Hypnosis in Schizophrenia: Structure and Strategy (Pyun)
- A Funny Thing Happened on the Way to an Induction: When Humor Enhances Hypnosis (Reid)
- Parts Integration: Coming to Peace Internal Conflict Resolution (Adler)
- Charcot's Cure: Hypnosis in the Assessment and Treatment of Functional Neurological Disorder [Conversion Disorder] (Datta)
- Mind-Body Age Regression: The Solomon Asch Effect Applied to Unresolved Trauma via Rescue Mission Integration (Turner)
- Managing Migraine Headache: Hypnosis and Cognitive Behavioral Treatment (McCann and Clark)

- Hypnotic Modification of Persistent Egosyntonic Negative Beliefs in Developmental Trauma Disorders (Damis)
- Hypnosis Research Workshop: Designing Case Studies and Randomized Clinical Trials and Preparing Papers for Publication (Elkins and Rhodes)

### Scientific Program – Keynotes, Symposia, Research Presentations and more

The Scientific Program takes place on Saturday and Sunday and includes includes Keynotes, Symposia, Research Presentations and a Poster Session. Sessions address empirical issues in hypnosis research and practice and related areas, broaden understanding of hypnosis and provide glimpses into the latest research in the field.

Our keynotes hail from across the globe, and will be on hand to address several fascinating topics. We look forward to some lively discussions on the following:

- **Mind-Body Therapies in Health Care Settings: My Journey with Mindfulness-Based Cancer Recovery with Linda E. Carlson, PhD, CPsych, Alberta, Canada**
- **The Modified States of Consciousness and Clinical Hypnosis: Neuroscience, Taxonomy, and Neurophilosophy of Mind in Humanistic Therapy with Maria Paola Brugnoli, MD, PhD, Rome, Italy**
- **Now We Really Know that It Works! Safe place suggestions significantly reduce impulsivity, stress and anxiety with Barbara Schmidt, PhD, Jena, Germany**
- **Is It Real? Unravelling the neural mechanisms of hypnotic hallucination with Renzo Lanfranco, PhD, Solna, Sweden**

A special Presidential Symposium will focus on **Next Steps and Future Directions for Clinical Hypnosis and Bridging the Practice to Research to Practice Divide**, featuring Past, Present and Incoming SCEH Presidents. A second Symposium will conclude the conference, and review the latest findings from the an international Task Force on Guidelines for the Assessment of the Efficacy of Clinical Hypnosis with members of the task force on hand to share information and engage in discussion about **Research Guidelines and Hypnosis Practice Findings**.

**Two sessions of Research Presentations and a Poster Session round out the event, providing many opportunities for discussion and interaction with our Scientific Program presenters and poster authors. Please review the Scientific Program Agenda in the conference brochure for full details.**

Our five-day conference also includes a number of online networking receptions, allowing you to connect with colleagues in the hypnosis community. Our goal is to make the SCEH Annual Conference a welcoming environment for discussion, collaboration, learning and forging new relationships.

Please plan to join us for what promised to be a great opportunity to gain new insights and approaches, share challenges and find collaborators, and learn from peers, colleagues and leaders in the hypnosis field.

Student scholarships are available. Please note that advance registration is required. We hope to see you there!

### [Get all the details](#)

We are very thankful for the hard work of our 2022 Conference Committee. Please join me in expressing our gratitude for putting together another tempting program of fascinating topics and great presenters.



**Overall Meeting Chairs:** Barbara S. McCann, PhD and Catherine McCall, MD

- **Introductory Workshop Co-Chairs:** Barbara McCann, PhD and Tova Fuller, MD, PhD  
**Intermediate/Skills Workshop Co-Chairs:** Alexandra Chadderdon, PsyD and Deanna Denman, PhD  
**Advanced Workshops Co-Chairs:** Nina Mayr, MD and Liz Slonena, PsyD  
**Scientific Program Co-Chairs:** Madeline Stein, MA and Afik Faerman, MS  
**Members:** Ciara Christensen, PhD and Anne Doherty Johnson, Executive Director

## *Get More Out of Your Membership*

Not certain what your membership includes? We want to make sure you are maximizing your member benefits. We encourage you to [review our list of member benefits](#).

## *Please Update your Member Profile This Month*

Please take a few moments over the next few weeks to log in and review your Member Profile. Has anything changed? Is there a specialty you would like to add? Is the information complete? Be sure to update it with any recent changes. To log in now, visit the [www.sceh.us](http://www.sceh.us) and click on Member Login in the upper right corner. Thank you.

Sincerely,

Anne Doherty Johnson  
Executive Director



**Next Steps and New Directions for  
HYPNOSIS RESEARCH  
AND PRACTICE**

## 2022 Annual Conference

73rd Annual Workshops and Scientific Program

October 12-16, 2022    Online    #SCEH2022



**2022 Keynotes** – Pictured above, left to right: Paola Brugnoli, MD, PhD; Linda E. Carlson, PhD, CPsych; Renzo Lanfranco, PhD, and Barbara Schmidt, PhD

# APA Division 30 Highlights from SCEH President Ciara Christensen

It was a real treat to see a few familiar SCEH faces, live and in-person, at the 2022 American Psychological Association in Minneapolis on August 4-6.

I thoroughly enjoyed having the opportunity to see Dr. Gary Elkins, a past President of SCEH, receive the well-deserved Distinguished Contributions to Scientific Hypnosis Award. Please join me in congratulating Dr. Elkins. This is a great achievement! Not to mention, he also delivered a well-attended and thought-provoking Invited Address, *“Advancing Evidence-Based Practice of Clinical Hypnosis: Three Keystones to Success.”*



Afik Faerman, SCEH Annual Conference Scientific Co-Chair, was also there. It was delightful to hear that he had been awarded the APA Division 30 Student Travel Award, as well as learn more about his recent scientific research. Afik gave an exciting presentation on “Enhancing hypnotizability: Theoretical considerations and clinical implications.” Please join me in congratulating Afik!

It was so much fun to spend some in-person time with Dr. David Reid, SCEH Certification Chair and now Past President of APA Division 30. He delivered perhaps one of the most thoughtful and entertaining introductions I have heard to date. Dr. Reid had the honor of introducing Dr. Elkins for his Invited Address. While brief and to the point, it was filled with Dr. Elkins’s many achievements, as well as a rare photo of Dr. Elkins enjoying the delights of horseback riding! I can’t say any of us expected that to be included, and it was definitely a collectively shared, good time!

Later in the program, Dr. Reid also delivered his own presentation titled “Permissive Re-Orienting: Count on it without counting.” His presentation generated thoughtful questions and discussion. It certainly reminded me how much I miss sitting in groups and live in-person discussions. There is a warmth and richness to these encounters that virtual events cannot replicate.

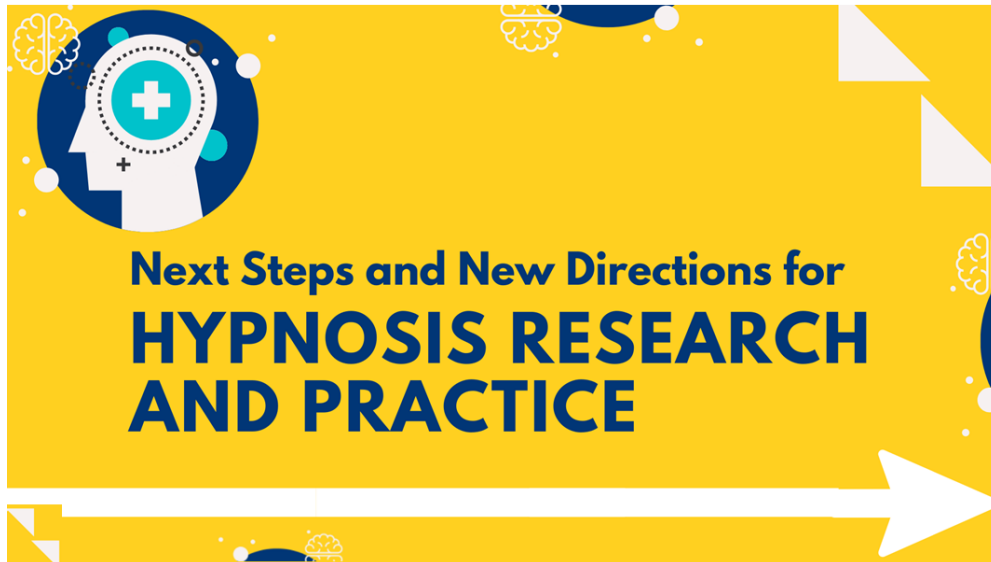


In general, although it was a small gathering at APA, it was so pleasant to interact face to face. I enjoyed attending and supporting our SCEH colleagues, who included past presidents Dr. Janna Henning and Dr. Eric Willmarth.

While I cannot speak for others, I certainly had a great time seeing my Society colleagues and friends. I look forward to more face-to-face events and great times ahead! And, of course, to seeing you through the screen at our Annual Conference in October.

# 2022 Annual Conference

This year's Annual Conference continues SCEH's proud tradition of evidence-based professional development and educational sessions on clinical hypnosis. The Annual Conference provides attendees the opportunity to explore new topics, learn best practices and tools, gain continuing education credits and engage in vibrant debate with instructors and colleagues.



The 2022 conference theme, Next Steps and Future Directions for Hypnosis Research and Practice, reflects the Society's commitment to research and practice and how each informs the other. The theme reflects the diverse clinical settings in which our clinical members practice and the wide range of research questions that arise from those interactions. Important work on elements fundamental to understanding hypnosis, such as the nature of consciousness, beliefs, and suggestion, point to the next steps and future directions for advancing our understanding of practical applications of hypnosis.



The conference will feature Introductory, Intermediate, and Advanced Workshops supported by research findings and a Scientific Program featuring keynotes, symposia, and research presentations addressing the scope of hypnosis in both psychological and medical settings. In addition, our poster session and various networking activities offer easy opportunities to establish or deepen connections with instructors, colleagues, and students.

Conference attendees can opt to attend the entire five-day program or attend only the Workshops or Scientific Program components. Registration is due to open in July. Please plan to join us. Details will be added to our conference page as they are finalized. For more information, please bookmark [this page](#).

Please review our conference brochure carefully before registering. The brochure has an easy to use Table of Contents and complete event information. [Download it now](#).



# News from IJCEH



Recent Issue: Volume 70, Issue 3

The upcoming issue of the *IJCEH* begins with two commentaries on the recent publication entitled “Guidelines for the Assessment of Efficacy of Clinical Hypnosis Applications.” These commentaries examine the role of moderation and mediation in efficacy trials and highlight the challenge of such approaches in hypnosis research. The issue also features six articles covering a variety of topics including

hypnosis for ailments such as chronic pain, hyperemesis gravidarum, and irritable bowel syndrome. Additionally topics include altered states of consciousness during exercise and personality styles of dentists who practice hypnosis. This is the third issue of 2022 and we look forward to publishing another round of outstanding articles later in the year!

We are proud to announce that recently on August 4, 2022, Dr. Gary Elkins received the American Psychological Association Division 30 Award for Distinguished Contributions to Scientific Hypnosis. This is the most important award for scientific merit that the division can bestow. Recipients are luminaries in our field who have a sustained record of significant and impactful scientific contributions to scientific hypnosis. Dr. Elkins’ invited address was: *Advancing Evidence-Based Practice of Clinical Hypnosis: Three Keystones to Success*.

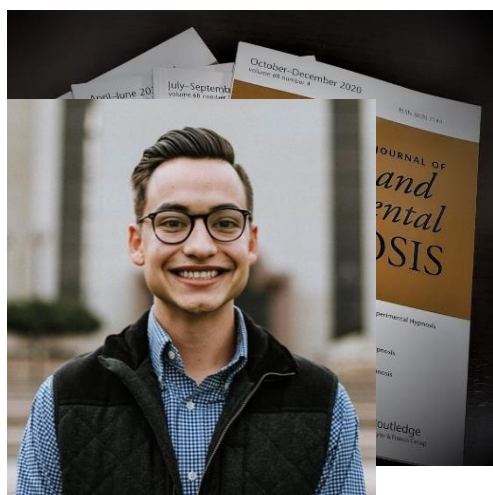


Have you considered what Open Access Publishing can do for your research?

Open Access publications are a great way to extend the reach of your work. Publishing your accepted article in the *IJCEH* is free, but some authors elect to cover the costs of publishing, making their paper freely available to anyone online. The number of authors electing to publish their articles with Open Access in the *IJCEH* has been increasing. Open Access papers have many more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If your manuscript is accepted, consider Open Access publishing, and email us with any questions.

**Editor-in-chief:** Gary R. Elkins, PhD

**OPEN SCIENCE BADGES:** Consider publishing your research with an Open Science Badge! These Badges are implemented to acknowledge open science practices and serve as incentives for researchers around the world to share data and materials associated with the publication. Publishing with an Open Science Badge signals to the reader that the content has been made available and certifies its accessibility in a consistent location.



**The *IJCEH* accepts many types of papers**, including: Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications); Clinical papers (e.g., well-designed multiple or single case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material. **Topics can include:** Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

#### Call for Papers: Systematic Reviews & Meta-Analyses

The *IJCEH* has issued a call for systematic reviews and meta-analyses of hypnosis interventions for psychological and health-related conditions. Meta-analyses and systematic review papers can help enrich our understanding of key topics and can help to advance clinical research. They can provide an accessible resource for clinicians and researchers on existing research and evidence. Review articles serve to provide an up-to-date overview of the current state of knowledge of hypnosis interventions for a particular disorder or domain. Submit your systematic review or meta-analysis to the *IJCEH* using the submission instructions below!

**If you have a paper to submit**, go to [mc.manuscriptcentral.com/ijceh](https://mc.manuscriptcentral.com/ijceh) and create a username. Everything you submit will be conveniently available for you to view on the online system.

**Contact us at:** [IJCEH@baylor.edu](mailto:IJCEH@baylor.edu)

Stay in the know when new articles or issues are published by signing up for new content alerts at the *IJCEH* publisher's website: <https://tandfonline.com/ijceh>. Click "New Content Alerts", enter your email, and select your preferred frequency!

**Managing Editor:** Joshua R. Rhodes, MA



Follow us on Twitter

Here are some Twitter accounts to follow! You can keep up to date on recent articles, event information, the latest news from hypnosis societies, and discussion on hypnosis research.

- [@IJCEH](#) – The *IJCEH*'s Official Twitter Account
- [@ElkinsGary](#) – Follow the Editor of the *IJCEH*
- [@tandfonline](#) – Taylor & Francis Research Insights' Official Twitter Account

Find us online at: [www.IJCEH.com](http://www.IJCEH.com) or [www.tandfonline.com/nhyp](http://www.tandfonline.com/nhyp)

We are pleased to share abstracts from the articles published in the most recent issue of

THE INTERNATIONAL JOURNAL OF  
*Clinical and  
Experimental*  
HYPNOSIS

July 2022 Issue – Volume 70 (3)

**The Proposed Task Force Hypnosis Efficacy Guidelines: The Role of Moderation and Mediation in Efficacy Trials**

*Guy Montgomery & Irving Kirsch*

Hypnosis interventions have too often failed to disseminate, in part because of the relatively few high-quality, randomized clinical trials. The Task Force proposes efficacy guidelines, which are intended to improve the quality of clinical hypnosis research and thereby increase dissemination of beneficial hypnosis interventions. However, the Task Force, in muddying the focus on efficacy with opinions about moderation and mediation, proposes guidelines that are likely to: (1) weaken efficacy findings; (2) increase participant mistrust; (3) make efficacy trials more cumbersome; and (4) treat hypnosis as though it were something

other than a time-honored form of talk therapy. While applauding the Task Force's intentions, the current recommendations could be changed to better accomplish their goal of increasing hypnosis dissemination and implementation.

### **The “Whack-a-Mole” Challenge of Hypnosis Research: A Commentary Regarding “Guidelines for the Assessment of Efficacy of Clinical Hypnosis Applications”**

*Michael Yapko*

In this short commentary, the author acknowledges the merits of trying to establish treatment guidelines for the use of hypnosis in treatment and applauds the efforts and intentions of the *Task Force for Establishing Efficacy Standards for Clinical Hypnosis*. He identifies a few of the complex issues in trying to promote guidelines for conducting research and clinical practice in the domain of hypnosis; these include the difficulties in defining hypnosis and hypnotically-based interventions, the divergent ways hypnosis is applied in actual practice by clinicians who rely on their own understandings and biases in designing and delivering hypnosis, and the inevitable variations in skill level across practitioners. To their credit, the *Task Force* has considered these and other practical issues in their approach to formulating guidelines.

### **Delivery of a Group Hypnosis Protocol for Managing Chronic Pain in Outpatient Integrative Medicine**

*Lindsey C. McKernan, Michael T. M. Finn, Leslie J. Crofford, A. Gracie Kelly, David R. Patterson, & Mark P. Jensen*

Although strong evidence exists for using individual hypnosis to treat pain, evidence regarding group applications is limited. This project evaluated changes in multiple outcome measures in persons with chronic pain treated with 8 weeks of group hypnosis. Eighty-five adults with diverse chronic pain etiologies completed an 8-session structured group hypnosis treatment. Pain intensity, pain interference, and global health were evaluated at baseline, post-treatment, and 3- and 6- months post-treatment. Linear mixed effects models assessed changes in outcomes over time. In a model testing all three outcome measures simultaneously, participants improved substantially from pre- to post-treatment and maintained improvement across follow-up. Analyses of individual outcomes showed significant pre- to post-treatment reductions in pain intensity and interference, which were maintained for pain intensity and continued to improve for pain interference across follow-up. The findings provide compelling preliminary evidence that a group format is an effective delivery system for teaching individuals skills in using hypnosis for chronic pain management. Larger randomized controlled trials are warranted to demonstrate equivalence of outcomes between treatment modes.

### **Suggestions in Hypnosis to Aid Pain Education (SHAPE) in People with Chronic Low Back Pain: A Pilot Feasibility Randomized Controlled Trial**

*Brian W. Pulling, Felicity A. Braithwaite, G. Lorimer Moseley, Mark P. Jensen, Anne L. J. Burke, Kathryn L. Collins, Melissa J Hull, Hannah G. Jones, Allan M. Cyna, Nicki Ferencz, & Tasha R. Stanton*

Chronic low back pain (CLBP) is a debilitating and burdensome condition, and new treatment strategies are needed. This study aimed to evaluate (1) the feasibility of undertaking a controlled clinical trial investigating a novel intervention for people with CLBP: hypnotically reinforced pain science education, and (2) the acceptability of the intervention as rated by participants. *A priori* feasibility and intervention acceptability criteria were set. Twenty participants with CLBP were recruited and randomized to receive: (1) hypnotically delivered pain science education which utilizes hypnotic suggestions to enhance uptake of pain science concepts; or (2) pain science education with progressive muscle relaxation as an attention control. Twenty participants were recruited, however, not solely from the hospital waitlist as intended; community sampling was required (13 hospital, 7 community). Most criteria were met in the community sample, but not the hospital sample. Protocol modifications are needed before progressing to a full scale randomized controlled trial for hypnotically reinforced pain science education. Improvements in relevant secondary outcomes paired with moderate-high treatment acceptability ratings, are promising.

### **Adjuvant Hypnotherapy for Hyperemesis Gravidarum: Randomized Pilot Study**

*Seyda Efsun Ozgunay, Burcu Dinçgez Çakmak, Derya Karasu, Gülten Özgen, İbrahim Taymur, Şermin Eminoğlu, & İlkay Ceylan*

Hyperemesis gravidarum, which requires hospitalization in approximately 1-5% of patients, is characterized by severe nausea and vomiting in pregnancy. This study investigated the effects of hypnosis on nausea, vomiting, use of antiemetic medications, and hospital stay among patients diagnosed with Hyperemesis Gravidarum. Patients were randomized to receive either conventional therapy alone (control condition n=23) or to received adjuvant hypnotherapy plus conventional therapy (treatment group n=18). Sociodemographic data, severity of nausea, frequency of vomiting per day, rescue medications used, and the length of hospital stay were recorded. Participants in the treatment group received two sessions of hypnosis and were instructed in daily self-hypnosis practice. Those in the control group received treatment as usual. Results from this pilot study indicated that adjunctive use of hypnotherapy with patients diagnosed with hyperemesis gravidarum resulted in significantly reduced severity of nausea, frequency of vomiting, in comparison to treatment as usual alone. Additionally, hospital stay was found to be shorter in the treatment group as compared to the control group. These findings are encouraging and suggest it is both feasible and potentially beneficial to include adjunctive hypnotherapy in the treatment of hyperemesis gravidarium.

### **Hypnobiome: A New, Potential Frontier of Hypnotherapy in the Treatment of Irritable Bowel Syndrome. A Narrative Review of the Literature**

*Giuseppe De Benedittis*

An increasing evidence suggests that gut-brain-axis may play a key role in health and disease via a bidirectional communication network involving neural and immunoendocrine pathways. This complex interplay deeply influences both gut microbiota and brain behavior. Pathobiome or gut dysbiosis is relevant for the pathogenesis of functional gastrointestinal disorders, such as IBS, chronic pain syndromes, neurological and mental disorders. As a consequence, targeting the gut microbiota is emerging as a novel, effective therapeutic perspective. Among many treatment options, psychological interventions, including hypnosis, have been used to target the so-called Psychobiome and its hypnotic analogue, i.e., Hypnobiome, referring to their potential efficacy to modulate the mind-gut axis in IBS patients. A narrative review of the



recent literature is provided, and circumstantial evidence suggests that hypnobiome may represent a new promising frontier of hypnotherapy.

### **Altered States of Consciousness During Exercise, Active-Alert Hypnosis and Everyday Waking State**

*Eniko Kasos, Krisztian Kasos, Emese Józsa, Katalin Varga, Éva Bányai, András Költő, & Attila Szabó*

This retrospective study was a nonrandomized comparison of exercisers' (runners and participants of a spinning class) states of consciousness with subjects of active-alert hypnosis (AAH) and students in a class (control). Three hundred and seventy-five participants completed the Phenomenology of Consciousness Inventory. Runners, spinners, and participants of AAH scored higher on the *altered experience* and *altered state of awareness* dimensions of the PCI than the control group. Runners scored higher than participants of AAH and the control condition on the *rationality* dimension, and spinners scored higher than participants in the AAH condition. The AAH group scored lowest on the *self-awareness* dimension. On the *volitional control* dimension, the spinning- and control groups scored significantly higher than the runner- and AAH groups. The results suggest that exercise may lead to states of consciousness similar to AAH, thus increase responsiveness to a coach's training suggestions.

### **Personality Styles of Hypnosis Practicing Dentists Practicing Hypnosis: A Brief Report**

*Burkhard Peter & Thomas G. Wolf*

This cross-sectional study used Personality Style and Disorder Inventory (PSDI) of random hypnosis society sample groups including German Society of Dental Hypnosis (DGZH) (n=418) and Milton Erickson Society of Clinical Hypnosis Germany (MEG) Listserv (n=490) to examine personality styles and to compare the data of dentists practicing hypnosis (HYP-samples) with two control samples of persons not interested in hypnosis (NONHYP-samples). In total, the sample included 1,027 psychotherapists from DACH-countries and 3,392 individuals from the normal population. Results show that HYP-DGZH-dentists were much more intuitive/schizotypal (ST) ( $p<.001$ ), unselfish/self-sacrificing (SL) ( $p<.001$ ), charming/histrionic (HI) ( $p<.001$ ) and optimistic/rhapsodic (RH) ( $p<.001$ ) than the HYP-MEG-sample. All HYP-DGZH-dentists also showed significantly elevated levels in these four personality styles compared with levels of the NONHYP-DACH-psychotherapists ( $p<.001$ ), and elevated levels in ST, SL and RH compared with the NONHYP-norm. The intuitive/schizotypal ST values of the HYP-DGZH-dentists were predominant. Within the limitations of the study, the presence of a specific personality profile in random samples of dentists compared to psychotherapists who use hypnosis and are members of professional hypnosis societies suggest that the existence of a "homo hypnoticus" might also exist among dentist, however, this needs to be investigated in more detail.

# Member News

## *NMSCH Level 1 Hypnosis Workshop*

Hosted by Northeastern Mountain Society of Clinical Hypnosis

Friday, October 28 - Sunday, October 30

Jackson Gore Inn at Okemo Mountain Resort, Ludlow, Vermont

The Northeastern Mountain Society of Clinical Hypnosis (NMSCH) Level 1 Workshop is the first of two workshops in the American Society of Clinical Hypnosis (ASCH) certification program. It is designed for licensed health professionals, including physicians, nurses, psychologists, dentists, counselors, social workers, and those in related fields. The workshop is a mix of didactic presentations, demonstrations, experiential exercises, and faculty-led small group practice focused on the principles and processes of hypnotic elicitation, suggestions, and treatments. It is designed to meet the needs and learning styles of each participant. At the conclusion of the workshop, participants will have been taught the basic skills required to utilize clinical hypnosis and begin to apply it to their practice.

**REQUIREMENTS:** Licensed healthcare professional, BSN nurse, or student in a program leading to a Masters and licensure.

**CREDIT HOURS:** Submitted for the American Society of Clinical Hypnosis Level 1 workshop hours & submitted for approval for 22 CE's for licensed mental health counselors, psychologists, social workers, and graduate students in these disciplines.

**COST:** \$600 NMSCH Members / \$625 non-members

**INFORMATION & REGISTRATION:** [NMSCH.org](https://www.nmsch.org)

## *NPHTI Annual Workshops are back!*

Daniel P. Kohen, MD, FAAP, ABMH, and Co-Founder and Director of Education and Training, NPHTI, is pleased to announce that the NPHTI Annual Workshops are returning LIVE with the 11th Annual Tri-Level Workshops in Pediatric Clinical Hypnosis: Fundamentals, Utilization & Expanded Clinical Applications, and Individualized Consultation (Advanced) this Fall 2022:

THURSDAY-SATURDAY, OCTOBER 13-15, 2022 – MINNEAPOLIS, MINNESOTA!

REGISTRATION is OPEN!

PLEASE SEE THE FOLLOWING LINK FOR THE BROCHURE AND REGISTRATION: [www.nphti.org](http://www.nphti.org)

## *Members Achievements*

- Dr. Zoltan Kekecs was awarded ISH's 2022 Jay Haley Early Career Award for Innovative Contributions to Hypnosis.
- Hay House publishing is planning to release all seven of Dr. Carol Ginandes' medical hypnosis audio programs: "Smooth Surgery, Rapid Recovery"; "Rapid Recovery from Injury", "Relieve Allergy, Reduce Reactivity"; "Perfect Pressure, Healthy Heart"; "The Ultimate Power Nap for Rapid Rest and Renewal"; "Hypnosis and Guided Imagery for Tinnitus"; and "Hypnosis and Guided Imagery for TMJ".
- A text by Daniel P. Kohen, MD and Karen Olness, MD named "Hypnosis with Children –Fifth edition" was submitted to the publisher by the authors and is currently "in press-2022". Hopes are it will be available towards the end of 2022 if not sooner.



Next Steps and New Directions for  
**HYPNOSIS RESEARCH  
AND PRACTICE**

## 2022 Annual Conference

73rd Annual Workshops and Scientific Program

October 12-16, 2022    Online    #SCEH2022



**2022 Keynotes** – Pictured above, left to right: Paola Brugnoli, MD, PhD; Linda E. Carlson, PhD, CPsych; Renzo Lanfranco, PhD, and Barbara Schmidt, PhD

# Calendar of Events

<b>October 12 – 16, 2022</b>	<b>Annual conference – 73rd Annual Workshops &amp; Scientific Program</b>  <b>Introductory, Intermediate &amp; Advanced Workshops plus Scientific Program (Online)</b>  <b>Advance registration required. Registration opens: Summer 2022</b>  <a href="#">Read about last year's Annual Conference</a>
<b>October 28, 2022</b>	<b>Yoga Nidra &amp; Hypnosis: Yogic Trance or Trance Logic?</b>  <i>Scott Hoyer, PsyD, Chicago Psychology Services, Chicago, IL</i>  <a href="#">Details and registration</a>
<b>November 18, 2022</b>	<b>Rewriting the Depressive Script</b>  <i>Barbara S. McCann, PhD</i>  <a href="#">Learn more</a>
<b>December 9, 2022</b>	<b>Using Self-Hypnosis for Replenishment and Equanimity</b>  <i>with Ciara Christensen, PhD</i>  <a href="#">Learn more</a>

For more information, visit the [SCEH Webinar Series page](#).